



# Extension Connections

*Educating, Engaging and Empowering Chesterfield County Residents*

*Chesterfield County in Partnership with Virginia Tech and Virginia State University*

*Issue 1, Volume 1*

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## Who are we?

### Agriculture and Natural Resources (ANR)

We are proud to serve our residents with numerous lawn and garden programs and services and feature the help from Master Gardener volunteers. Master Gardener volunteers are here to answer any lawn, landscape or garden questions you may have.

### Family and Consumer Sciences (FCS)

FCS strengthens Virginia families, including those with limited resources, assists youth and adult participants in developing wellness life skills related to health, diet, and nutrition, exercise, family financial management, and parenting.

### 4-H Youth Development

4-H is a community of young people across America who are learning leadership, citizenship, and life skills. 4-H, the largest comprehensive youth development program in the nation, educates young people, ages 5 to 18, through a variety of experiential techniques that encourage hands-on, active learning.

### James River Soil and Water Conservation District (JRSWCD)

JRSWCD provides landowners and farmers in Chesterfield County with free technical and financial assistance for erosion prevention, pasture management, manure storage, and nutrient management on agricultural land.

Learn more about the services we offer online:  
<http://offices.ext.vt.edu/chesterfield/programs/index.html>

## A Message from T. Michael Likins, Cooperative Extension Director



Hello and welcome to the inaugural issue of Chesterfield Cooperative Extension's newsletter. My staff and I are excited about this new venture in providing educational and learning opportunities that will help you make positive changes to many aspects of your life. We welcome your feedback and suggestions for future newsletters. On behalf of my staff, thank you for signing up and we look forward to serving you in the future.



## Home Gardening with Chesterfield Master Gardeners

### Interested in making your home and garden more sustainable? It's easy!

Sign up for Landscape for Life educational series!

Through instructor-led presentations, class discussions and activities, you will understand how to get the most out of water, how to build healthy soils, how to use native and climate adapted plants as well as how to find environmentally friendly landscape materials.

Classes meet Tuesday's from 6:30-8:30 pm at the Chesterfield Extension Office beginning 2/17/15 through 3/24/15.

**Program Cost is \$75. Call 804-751-4401 or email [vce@chesterfield.gov](mailto:vce@chesterfield.gov) to register.**

### Are you prepared for "Slaying the Dragons of Garden Myths" and "Raising Chickens in Chesterfield County" ?

Chesterfield Master Gardeners will be hosting **FREE** public seminars featuring these topics and more beginning in January. Visit our [website](#) for dates, times and locations, as well as registration information.

### Not sure when to fertilize your lawn?

Our Grass Roots Program will help you learn how to address soil deficiencies and other problems so you can have a lush green, environmentally-sound lawn.

The Grass Roots program is limited to the first 400 clients and has a program cost of \$25.

For more information, visit our [website](#)!

### Want to learn more about your landscape?

The Learn Your Landscape program can help. A Master Gardener volunteer will visit your yard to evaluate your growing conditions, plant placement and more. There is a program cost of \$30 and you can find more details and registration information on our [website](#)!



# News for the Young and Young at Heart with 4-H

## Save the date: 2015 4-H Junior Camp will be June 22-26

Registration will open in January! 4-H Junior Camp is for youth ages 9-13 and is held at the Jamestown 4-H Educational Center in Williamsburg, VA. Youth will spend the week engaging in a variety of activities to include sailing, fishing, cooking, archery, swimming and nightly campfires. The fee to attend camp is \$295 and that includes transportation, meals, lodging, insurance and a t shirt.

### Interested in Registering for Camp?

Contact Bethany Eigel at 804-751-4401  
or [eigelb@chesterfield.gov](mailto:eigelb@chesterfield.gov)



## 4-H Club Membership

With the 4-H year in full swing, now is the perfect time to find out more information about our 4-H Clubs, as well as attend a meeting.

**Our 4-H Clubs are free and open to anyone between the ages of 5 and 18. For information on our clubs or how to register, visit our [website](#)!**

## Extra, Extra, Read All About!

Please join us in congratulating our 4-Hers who participated in various state and district contests this past fall!

### Virginia State Horse Show

Twenty-One youth participated in the competition from Chesterfield County's Horse Program. Out of the four hundred and fifty (450) total show participants, we would like to recognize

Chesterfield's own **Annabelle Grubb**, Grand Champion/Junior Hunter Pleasure; **Margaret Phipps**, Reserve Champion/ Intermediate Hunter Horse; and **Delaney Robinson**, Reserve Champion/Small/Med Hunter Ponies.

All of our riders from Chesterfield County pinned high in the ribbons at State this year and we want to congratulate the following riders for their accomplishments: **Katherine Atherton, Claire Deal, Morgan Faber, Alia Fagerburg, Mary Beth Farley, Lauren Gaines, Megan Gaines, Meredith Gregory, Mackenzie Jones, Sophia Mower, Madeline Renault, Elizabeth Robinson, Riley Sayegh, Lauren Scherrer, Caitlin Schoemmell, Allison Wellener, Karie Wilson, and Sarah Zube.**



### Virginia State 4-H Shoot

Chesterfield had five competitors from its Shooting Sports Club. Out of those five, **Jakob Ayoub** placed third in Small Bore Silhouette Rifle, first in Progressive Air Pistol, fourth in Three Position Small Rifle, and eighth place in Air Rifle. **Hannah Rhoton** placed twentieth in Air Rifle.

**Stay tuned for information on participating in 4-H district contests coming this spring!**

### Virginia State Dog Show

Three youth competed from Chesterfield's Lending A Paw Dog Club. We would like to extend a special congratulations to **Christiana Smythe**, first in Novice Obedience, third in Rally and fourth in Showmanship, **Joseph Smyth**, second in Agility, fourth in Rally and **Jackie Dorset**, first in Pre Novice Obedience, fourth in Rally. All participants received ribbons of participation in all classes; Showmanship, Obedience, Rally and Agility.

## Home Economics & Nutrition News for you with FCS

### **Be Heart Healthy**

A Be Heart Healthy workshop, featuring "ten steps to a healthier you" will provide knowledge and skills that can help you and your family achieve healthier lifestyle by making healthy food choices and increasing physical activity.

**2/10/2015**

**9:30am-12pm; 6-8:30 pm**



### **Make Your Money Go Further**

As part of America Saves Week, Feb. 22-28, two "Making Your Money Go Further" workshops will be held to help people gain control of their finances by first determining how much money they have to spend, and, secondly, how much they have to save in order to accomplish their financial goals.

**2/19/2015 Part 1**

**9:30am-11:30am; 6-8:30 pm**

**2/26/2015 Part 2**

**9:30am-11:30am; 6-8:30 pm**

### **Food, Nutrition and Health Workshop**

This Food, Nutrition and Health workshop will provide information about healthy eating, MyPlate, money-saving strategies to stretch food budgets, as well as, food storage and preservation.

**3/10/2015 Part 1 9:30am-12pm**

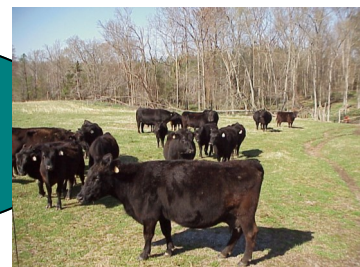
**3/17/2015 Part 2 9:30am-12pm**

All seminars are held at the Chesterfield County Cooperative Extension Office Classroom  
At 6807 Mimms Loop, Chesterfield, VA 23832  
To register for Family and Consumer Sciences Seminars, call Linda Jackson Cole at  
804-751-4401 or email at [licole2@vt.edu](mailto:licole2@vt.edu)



We work with the people who work the land.

## Farming Updates from your local SWCD



### **Know a friend who is starting a farm or operate a farm in Chesterfield County?**

Recommend them to get in touch with John Allen, Conservation Specialist with James River SWCD, to find out about cost share opportunities for improving their land.

For more information get in touch with John Allen at  
[jallen@princegeorgeva.org](mailto:jallen@princegeorgeva.org)

### **2015 Clean Water Farm Award Winner**

At our December meeting, JRSWCD recognized the Thomas family of Ben-Mar Farm as this year's recipient. Know a farmer you know who strives to protect the natural resources on his or her farm? Call the James River SWCD office at 804-732-6550 to nominate them for next year's Clean Water Farm Award.

### **Attention local High School Students!**

Interested in expanding your knowledge in environmental science, agriculture or conservation during college?

Check out [www.jamesriverswcd.com](http://www.jamesriverswcd.com) for more information on this college scholarship opportunity.

### **Are you interested in planning a more sustainable world?**

Environthon is a team based natural resource competition where teams are given environmental problems and are asked to research ways to solve them.

Interested parties should call the James River SWCD office at 804-732-6550 for details.



## *Other news you should know!*

### **Season's Greetings!**

*Please note that our office will be CLOSED January 1-2, 2015 in observance of the New Year's Holiday, and will reopen on Monday January 5, 2015 at 8:00am. We look forward to serving you during this holiday season!*



### **Congratulations Bill Bishop!!**



*We want to congratulate Bill Bishop, Virginia Cooperative Extension*

*Volunteer of the Month for the month of September. Bill Bishop has been a Master Gardener Volunteer with the Chesterfield County Extension Office for over 13 years! He is dedicated to serving Chesterfield County through his gardening expertise. Please take a moment to congratulate Bill when you see him!*

### **So Long, not Goodbye!**



*Join us in congratulating Donna Winfree on her retirement from Chesterfield County after 40 years of service! Donna has served in the role of Administrative Assistant and 4-H Program Assistant, and has been a pillar of this department! She will be missed, but we wish her the best of luck as she makes this great transition!*

### **One Final Tip!**

***Winter is coming!** Remember, do not overexert yourself while shoveling snow or stay outdoors for long periods of time! Click [here](#) for more tips on how to survive winter!*



***We look forward to serving you in  
2015!***

**Interested in any of the programs and opportunities mentioned?  
Get in touch with us today!**

**Chesterfield County Cooperative Extension**

**6807 Mimms Loop**

**P.O. Box 146**

**Chesterfield, VA 23832**

**804-751-4401**



**Or Visit Online at <http://www.chesterfield.gov/extension/> for more details**

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